

CLUB LESSON PLAN (August 2024-25)

Name of the club:- Virasat

Theme of the month:- Health and Hygiene (September)

S.NO	ACTIVITY NAME	LEARNING OUTCOME
1	<p>Learning about cleanliness in Ancient Times: Harappa Civilization (Tell a simple story about a living in the Harappan city, emphasizing the importance of cleanliness and sanitation.)</p> <p>https://youtu.be/KhDY4KJuv c0?si=Dq7qzoUIK M1INon</p>	<p>Understanding Cleanliness in Ancient India: Students will learn about the importance of cleanliness and sanitation in ancient civilizations, particularly in the Harappan Civilization.</p> <p>Comprehending Daily Life in Harappa: Students will understand how people in the Harappan city maintained cleanliness in their daily lives, including the use of well-planned drainage systems and public baths.</p> <p>Recognizing the Role of Cleanliness in Health: Students will recognize the link between cleanliness and good health, as practiced by the people of Harappa, and relate it to their own lives.</p> <p>Engaging with Historical Narratives: Through a simple story, students will engage with historical narratives and identify key aspects of life in an ancient city.</p> <p>Encouraging Personal Hygiene: Students will be encouraged to practice personal hygiene and cleanliness in their own lives, drawing inspiration from the Harappan Civilization.</p>

<p>2</p>	<p>Hands-on Experience Preparing a simple herbal remedy:- Demonstrating traditional hand washing techniques with natural ingredients (e.g., using neem or ash)</p>	<p>Understanding Traditional Practices: Students will learn about traditional hand washing techniques used in the past, including the use of natural ingredients like ash, sand, leaves, and herbs.</p> <p>Identifying Natural Ingredients: Students will be able to identify various natural ingredients used for hand washing in ancient times and understand their cleansing properties.</p> <p>Hands-on Application: Students will actively participate in a hands-on activity, demonstrating the process of washing hands using natural ingredients.</p> <p>Comparing Past and Present and Promoting Hygiene Awareness: Students will compare traditional hand washing methods with modern practices and develop an awareness of the importance of hand hygiene and its role in preventing illness, both in ancient times and today.</p> <p>Enhancing Fine Motor Skills: Through the hands-on activity, students will enhance their fine motor skills by practicing hand washing techniques using different textures and materials</p>
<p>3</p>	<p>Craft Time - Making a Healthy Habits Poster</p>	<p>Creative Expression: Students will express their understanding of healthy habits creatively by designing and decorating a poster.</p> <p>Collaborative Learning: Students will work together, sharing ideas and materials, to create a collective poster that highlights the importance of maintaining healthy habits.</p>

		<p>Reinforcing Health Education: Students will reinforce their knowledge of health education by selecting key habits to include on their poster, ensuring they understand the significance of each.</p> <p>Encouraging Positive Behavior: Students will be encouraged to adopt and maintain healthy habits in their daily lives, inspired by the messages they include on their posters. Students will build confidence in their ability to create something meaningful, take pride in their work, and share their posters with the class or display them in the classroom.</p>
4	<p>Role-Play: Healthy Habits (Role-play on the healthy habit and explain its importance. Gather students at the end of the session to ask them to take a pledge to practice good hygiene habits.)</p>	<p>Comprehending the Importance of Hygiene. Students will learn about various healthy habits, such as washing hands, brushing teeth, eating healthy food, and regular exercise, through role-play. They will also understand the importance of maintaining good hygiene and how it contributes to overall health and well-being.</p> <p>Reinforcing Positive Behavior: Students will be encouraged to adopt and reinforce positive behavior related to hygiene and health by taking an active role in the role-play and pledge. They will work together in groups during the role-play, promoting teamwork and cooperation while learning about the importance of healthy habits.</p> <p>Building Confidence and Empathy: Students will build confidence in presenting and acting out roles, while also developing empathy by understanding the perspectives of others in different hygiene-related situations.</p>